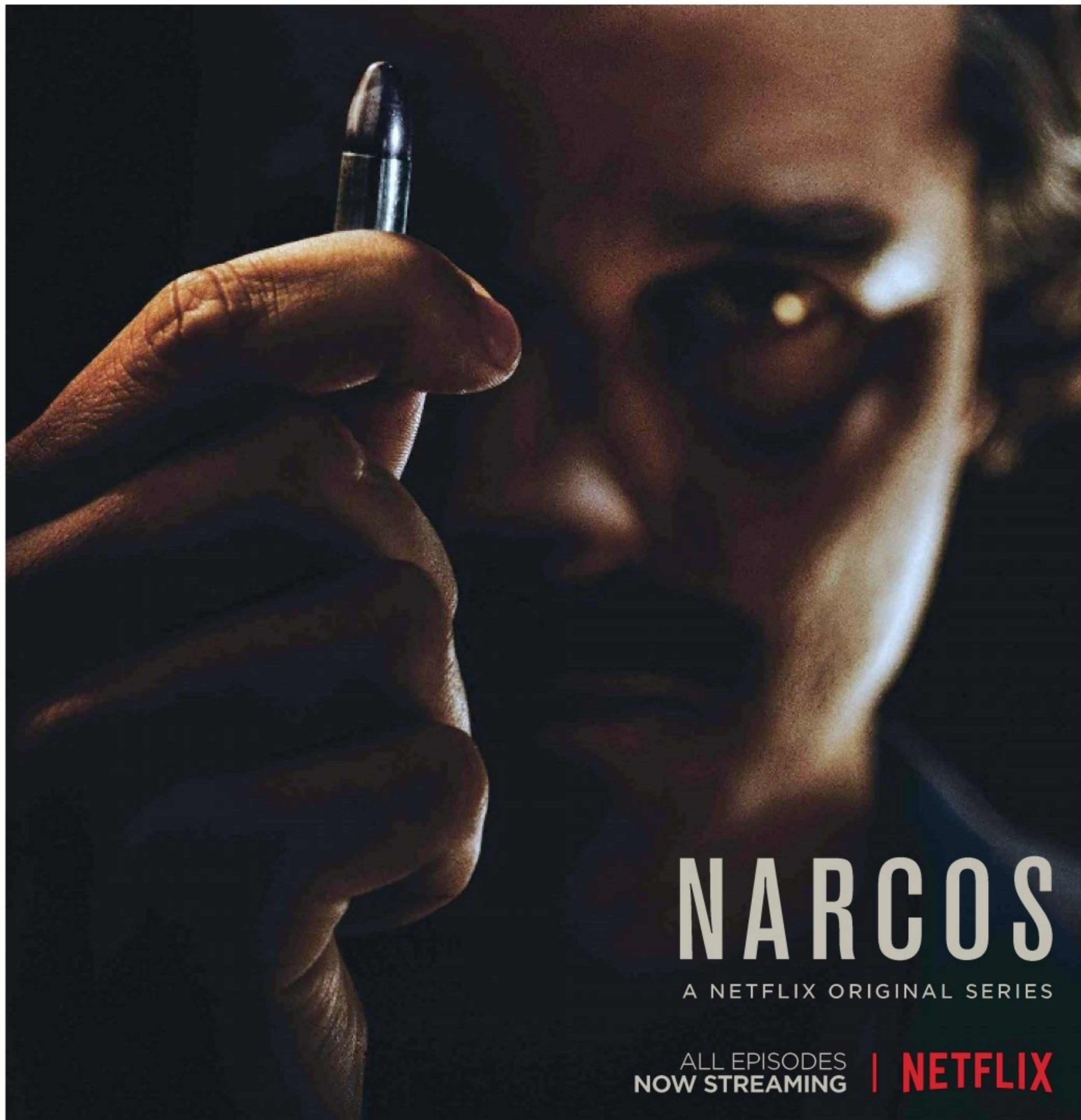
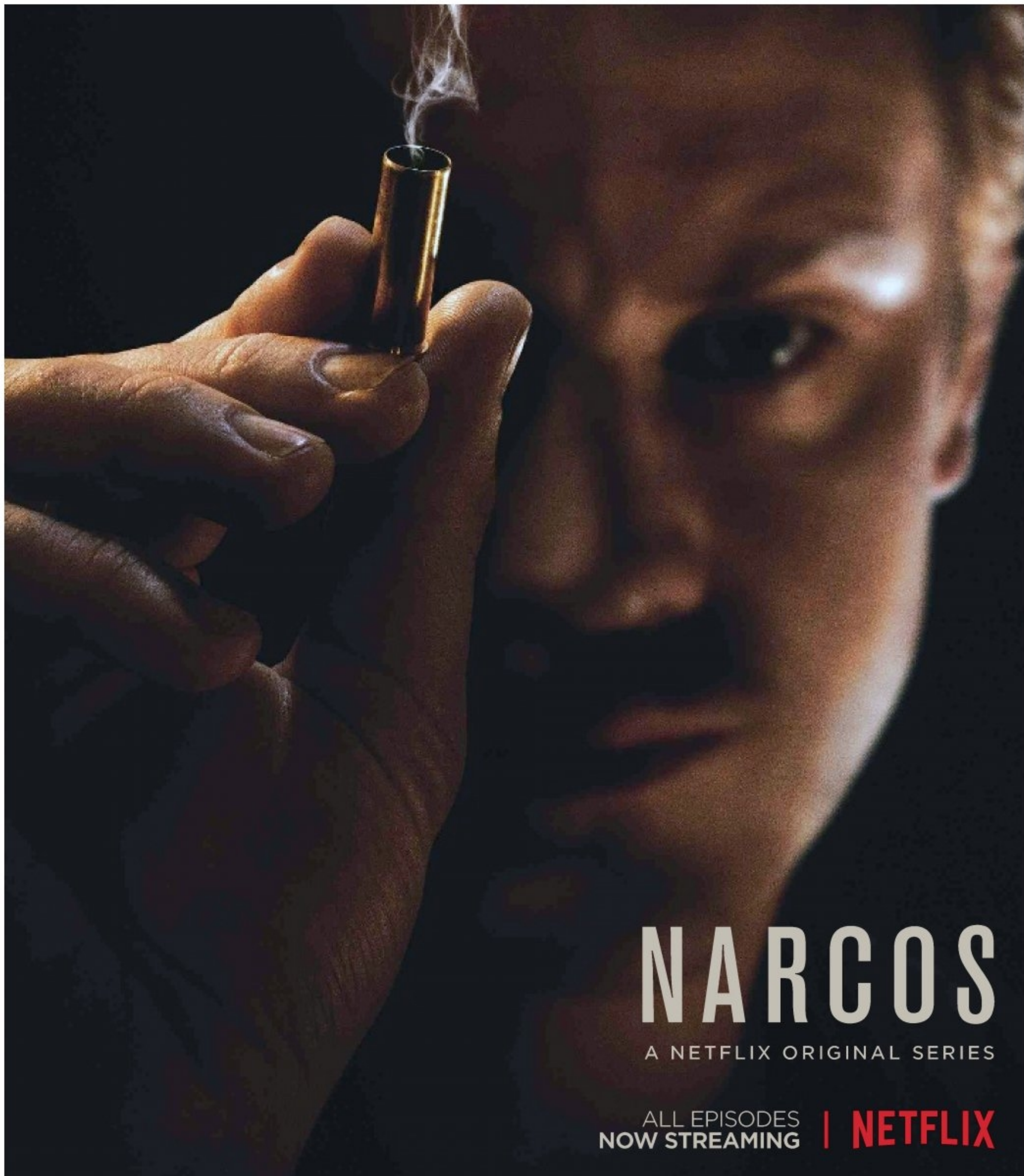




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WOLF HAVEN

Married couple in the Kootenays opened a sanctuary to protect the animals so often portrayed as 'bad' — and to educate the public

metroNEWS



Domestic grey wolf Flora, 4, seen north of Golden, B.C. The wolves are protected by Casey and Shelley Black in the Northern Lights Wolf Centre.

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Urban foragers warned about poison 'shrooms

SAFETY

Centre said foraging doubled in July



Sam Smith
For Metro | Vancouver

If you're foraging for food, make sure you know it won't kill you.

The BC Drug and Poison Information Centre (DPIC) received twice as many calls as normal this past July from foragers who were exposed to poisonous mushrooms, particularly *Amanita phalloides*, also known as the death cap mushroom, which has steadily increased in abundance inside the region and Vancouver neighbourhoods since 2008.

"In a typical July we might get a dozen calls regarding exposures to poisonous foraged mushrooms, and this year we've had double that," said Dr. Roy Pursell, medical director of DPIC. "We're especially concerned about death cap mushrooms, which are highly toxic."

Not native to B.C., the death cap mushrooms are believed to have been brought into the environment from the roots of imported hardwood trees such as Hornbeam, which was widely planted throughout Vancouver during the '60s and '70s.

The fungus lives in the roots of trees for 40 to 50 years be-



Amanita phalloides, a.k.a. the death cap mushroom, have been emerging around the region since 2008. COURTESY PAUL KROEGER

fore emerging, which has steadily been the case since the late 2000s.

"We first discovered the death cap in Vancouver in 2008," said Paul Kroeger of the Vancouver Mycological Society. "Given the trees they live in were planted in the 1960s and '70s, we are seeing more and more appear

every year and we believe that trend will continue."

While no death has been reported by eating the death cap in B.C., the mushroom is believed to have killed more people worldwide than any other mushroom, as it contains toxins such as phalloxin, amatoxin and virotoxin.

If exposed, symptoms will ap-

pear eight to 12 hours later and include nausea, vomiting, watery diarrhea, low blood pressure, liver failure and kidney failure.

Gastrointestinal symptoms recur and will continue to damage the kidney and liver for three to six days.

The BC Centre for Disease Control and the Vancouver Myco-

logical Society are warning mushroom hunters to use caution and common sense when foraging wild mushrooms.

If anyone is suspected or has consumed a poisonous mushroom, keep a sample and call the DPIC immediately at 1-800-567-8911 or 604-682-5050 and seek medical attention or dial 9-1-1.

E-cig laws in effect



Wanyee Li
Metro | Vancouver

Provincial laws came into effect Thursday that restrict the sale and marketing of e-cigarettes in the same way tobacco is restricted.

The Tobacco and Vapour Products Control Act now states businesses can only sell e-cigarettes to adults aged 19 or older and must hide advertisements from youth.

Adding e-cigarettes, or vapes, to the Tobacco Control Act was done in an effort to stop the growing number of youth vaping, said the Ministry of Health in a statement. The act also bans the sale of e-cigarettes in public buildings and people are not allowed to vape on school grounds, indoor public spaces and in vehicles if a youth is present.

About 16 per cent of youth in B.C. aged 15 to 19 have tried an e-cigarette, according to the Propel Centre for Population Health Impact.

HOUSING

Impact of foreign-buyers' tax on real estate

Analysts are bracing for a steep decline in real estate transactions for August when the Real Estate Board of Greater Vancouver releases its sales data Friday. The numbers will be the first look at the first impacts of a 15 per cent tax on foreign buyers in Metro Vancouver's market, one month after it came into effect on Aug. 2. THE CANADIAN PRESS

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Dr. Darius Viskontas, left, with assistance from Dr. Anne Wachsmuth, centre, remove a cyst from a male patient's knee as Miwa Holm, an operating room registered nurse, adjusts a light at the Cambie Surgery Centre in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Clinic operator heads to court

HEALTH CARE

Dr. Brian Day challenging B.C. ban on private insurance

A self-styled champion of privatized health care is bringing his fight to British Columbia Supreme Court on Tuesday for the start of a months-long trial he says is about patients' access to affordable treatment, while his opponents accuse him of trying to gut the core of Canada's medical system.

Dr. Brian Day of Cambie Surgery Centre in Vancouver is challenging B.C.'s ban on the purchase of private insurance for medically necessary services that are already covered by the public system. He argues the restriction violates patients' constitutional rights by forcing them to endure gruelling wait times that often exacerbate their health problems. "This is about making medicare better," said Day.

A statement from the B.C. Health Ministry, the defendant in the case, said its priority is to uphold the Medicare Protection Act and the benefits it safeguards. It declined further com-

ment while the case is before the courts.

Day launched the lawsuit in 2010. There have been a number of delays, including a one-year postponement while the two sides unsuccessfully tried to reach an out-of-court settlement.

Canada's inefficient system is the product of a wasteful bureaucracy, a lack of competition and a misguided attachment to universal coverage, Day argues.

He said opening the door for private insurance would ease pressure on the public system, freeing up resources to cut wait times and boost the quality of care for everyone, whether publicly or privately insured.

It's widely agreed the lawsuit could have far-reaching ramifications for health care in Canada.

Adam Lynes-Ford of the B.C. Health Coalition, one of the interveners in the case, said making space for private health care flies in the face of the core Canadian value that people should have access to medical care based on need, not on ability to pay.

"This is such a profound threat to the health of everybody in Canada," Lynes-Ford said.

He said a win for Day would lead to a more U.S.-style medical system, meaning longer wait times for the average Canadian



Dr. Brian Day, medical director of the Cambie Surgery Centre, sits for a photograph at his office in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

and skyrocketing costs as limits are lifted on what doctors can charge patients.

Colleen Flood, a law professor at the University of Ottawa, described Day's lawsuit as one of the biggest constitutional cases "perhaps ever."

"Basically, medicare is being put on trial, and will likely be found wanting in many regards," she said.

"But the question is whether the cure for what ails medicare is more privatization. That's what

Dr. Day is arguing," she added. "I don't think so myself and I think the weight of the evidence is against that."

Court battles over private health insurance aren't new to Canada. In 2005, the Supreme Court of Canada granted Quebecers access to private insurance when it ruled that excessive wait times infringed on patients' constitutional rights.

While that decision was argued under the Quebec charter and as a result didn't extend be-

yond that province's boundaries, a judgment in Day's case would make waves across the country.

Yanick Labrie, an economist affiliated with the Canadian Health Policy Institute and the Fraser Institute, said Day's case boils down to a patient's right to choose.

Greater choice among insurance providers would encourage more competition, which would boost efficiency and improve access, Labrie said.

"We should still expect to have a universal system, but in which you have some element of competition and choice for patients," he said, adding that a win for Day and the introduction of a hybrid health-care model would be a "revolution."

But Karen Palmer of Simon Fraser University's faculty of health sciences said attempts at introducing and enforcing a proper regulatory framework elsewhere in the world around a public-private system have been challenging.

"It's a bit like that game whack-a-mole," said Palmer, who is also affiliated with the Evidence Network of Canadian Health Policy. "Every time you make a regulation, somebody finds a way around it and it becomes a game."

She derided the suggestion that privatization would address the underlying challenges facing medicare, calling it a flawed attempt to fix the wrong problem.

"If their constitutional challenge is successful, the door will swing wide open in British Columbia and across Canada for insurers to sell what will amount to private queue-jumping insurance for those who can afford it, potentially harming the rest of us," Palmer said. But even a victory for the province should serve as "a huge wake-up call to government decision-makers that we dodged a bullet" and urgently need to improve how care is delivered, she said.

The federal government has also applied to be an intervener in the case, arguing that any challenge to a principle so fundamental to the Canadian health-care system is of significant concern.

"Canadians overwhelmingly support universally accessible health care," government spokeswoman Rebecca Gilman wrote in an emailed statement.

Gilman reaffirmed the government's commitment to Canadians having reasonable access to medically necessary services based on need and not ability or willingness to pay.

THE CANADIAN PRESS

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New technologies giving therapists greater reach

COUNSELLING

E-therapy allows for greater mental health outreach



Sam Smith
For Metro | Vancouver

Counselling has always been an intimate process between a person in need and a person trained to help. But sometimes finding the right person to be open and vulnerable with is an overwhelming task, or even impossible, such as in remote rural communities.

This is where e-therapy aims to bridge the gap.

In recent years emerging technologies, starting with email and now up to Skype, has equipped counsellors with additional resources to stay in touch with their clients and provide access to those who normally wouldn't have any.

"I work with some people who are on vacation and they want to continue it through Skype, or people who are not able to access resources in their community," said Pat Roles, a Vancouver registered social worker with 35 years of experience as an individual, couple, and family therapist.

"For example, I was helping someone in Hope who would alternate face-to-face meetings



Emerging technologies, starting with email and now Skype, has equipped counsellors with additional resources to stay in touch with their clients and provide access to those who normally wouldn't have any. JENNIFER GAUTHIER/METRO FILE



I was helping someone in Hope who would alternate face-to-face meetings with Skype sessions.

Pat Roles, a Vancouver registered social worker

with Skype sessions."

Roles also sees email as a natural outlet to do forms of narrative therapy, where a client submits up to two pages in an email describing their problems, what they need help with, and ask questions.

"It allows for critical thinking," she said. "They have to sit there and think about what they're going to tell me. They have to sequence it, and prioritize it. People do more critical thinking when they slow down to write."

Other counsellors also see the benefit of choice, allowing the client more options for them to find the right person to work with. "Choosing a counsellor is a really tricky thing," said Dr. Derek Martin, a psychotherapist based out of Victoria who has adopted Skype into his sessions for a year now.

"Not only do you need somebody who is a good fit, somebody you can trust, but some-



Dr. Derek Martin. CONTRIBUTED

body who's way of working aligns with the way you work."

As an example, Martin said to think of a person in Charlottetown, PEI, who has access to several different kinds of counsellors of varying gender, age and therapeutic approach.

"But the thing is you click with who you click with, and people who may even have access to qualified mental care services may not click with what is physically around them," Dr. Martin said.

With e-therapy this person can instead choose to connect with Martin in Victoria or Roles in Vancouver, all the way across the country.

"We're just taught to stuff things down and stuff things down," Martin said. "It's just one more way people can reach out." Martin can be contacted through his site at islandcounselling.ca and Pat Roles can be reached at e-mailtherapy.com.

POLICE

Fentanyl causes OD spike



Jeff Hodson
Metro | Vancouver

Police in Delta issued a warning Thursday after responding to nine suspected fentanyl overdoses in a 20-minute period.

In a statement, Delta Police said the overdoses occurred at four different locations and involved recreational drug users who thought they were using cocaine. Victims had trouble breathing and one person was in full cardiac arrest.



Many users still appear to be unaware or unprepared to deal with drugs like fentanyl.

Const. Neil Dubord

In eight of the nine cases, paramedics and firefighters used Narcan to treat the victim.

"Many drug users still appear to be completely unaware or unprepared to deal with the presence of drugs like fentanyl in the drugs they are using," said Delta Chief Const. Neil Dubord, in a statement. "It is miraculous that all of the patients recovered and we are not this morning talking about nine fatal overdoses."

Delta Police seized the drugs from the scenes and will attempt to track down the source. The cases are believed to be linked.

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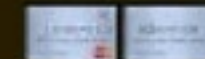
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VANCOUVERING



Suzy Patrick takes in the gorgeous views from Seymour Provincial Park. GRAEME MCRANOR/METRO

Slight fright on Seymour hike



Graeme McRanor
For Metro

As hiking partner Suzy and I scrambled down a rocky ski run on Mount Seymour, the beam from my headlamp illuminated three pairs of eyes lurking in the woods ahead.

I froze.
"What is it?" she asked.
"Three sets of eyes down there. See them?"

She did now.
A black bear and foraging cubs? Cougars on the hunt? Interlopers from the Upside Down?

With the summit at our back — and the parking lot below — we confronted the unknown. I slowly bent and, keeping my eyes on the inky beasts, gripped a jagged rock. We weren't going down without a fight.

We'd hiked the Seymour trail after work to photograph the sun going down. Here's the thing about shooting sunsets from atop mountains: you come down in the dark.

We'd done this before, but the woods at night can still be nerve-wracking.

After a lovely hike up, we'd spent about an hour at the top, packing our gear just as the sun dipped below the mountain ridge in the west. Having scrambled off the steeper top section during blue hour, we didn't have to activate headlamps until just shy of the aforementioned ski run.

Then, of course, the eyes.

Telling Suzy to stay close, I tried to spook the shadowy stalkers by scuffing my feet along the rocks. No reaction.

I clapped my hands several times. Still nothing.

We shuffled on, hearts pounding.

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Thumper.
Yep, three deer.



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with icons by Danielle Vallée from the noun project

A home where wolves roam

Golden-area couple devoted to protecting feared animals

Café Politics

Sam Smith
For Metro

LUPINE LIBERTY

Approximately eight hours northeast of Vancouver, nestled between the Rocky and Purcell mountain ranges, seven grey wolves are resting peacefully on a 1.25-acre plot of land, a safe haven built from the ground up by two adventurous animal lovers.

The place is Northern Lights Wolf Centre, located 18 kilometres north of Golden, and it has been in operation since 2002 when husband and wife Casey and Shelley Black first opened its doors to the public.

Starting with a single wolf pup named Aspen, and with Casey's background in training animals for the film industry, it seemed a natural fit for the couple to train Aspen to be a movie star.

But in that small amount of time the roles Aspen were being offered were less than sympathetic to the species, which made the Blacks uncomfortable.

"Originally, I was going to train the wolves to be in the movies, but they always

wanted to portray the wolves as bad and I didn't like that," Casey said. "Very quickly we discovered education was a better route."

Today, the goal of the sanctuary is to not only protect the wolves and educate the public to create awareness of their place in the ecosystem, but also influence government policy in favour of a balanced holistic environment, which includes the dynamic role of wolves.

"It's irresponsible to always portray wolves as a bad animal," Shelley said. "That's why we prefer these tours and going to schools to teach kids about them rather than try to make money in the movie industry."

At a time when B.C. allows its controversial wolf cull to take place in the winter in an effort to prevent destruction of endangered mountain caribou, the Blacks' centre offers respite for their domesticated grey wolves, a safe sanctuary where they don't fear being shot from a helicopter.

Day to day, the Blacks lead small tour groups "off-leash" into the wilderness where people can freely walk with members of the wolf pack,



Domestic grey wolf Scrappy Dave, 4, forages for food north of his home in Golden, B.C. Scrappy Dave and his sister Flora all live in the Northern Lights Wolf Centre with their pack. SAM SMITH/FOR METRO

take photos and, if lucky enough, pet one.

For non-adrenalin-junkies, they also lead interactive presentations and field trips into the sanctuary where the wolves are kept inside their den, discussing wolf history, biology, and their place in

the future.

"There are currently seven wolves in the pack, which is nearing our peak capacity," Shelley said.

The biggest of the pack, although not exactly the alpha, Shelley said smiling, is Wiley. He's 14 years old and

weighs 110 pounds.

The oldest in the pack is Maya, 17, who was born in the spring of 1999 and acts as the motherly figure to the rest.

"Many of the wolves came from different wildlife operations, but all of them are

from affiliated wildlife centres in North America," Shelley explained. "Despite that they've made a family."

To learn more about Northern Lights Wolf Centre please visit northernlightswildlife.com, or call in at 250-344-6798.

“It's irresponsible to always portray wolves as a bad animal.”
Shelley Black

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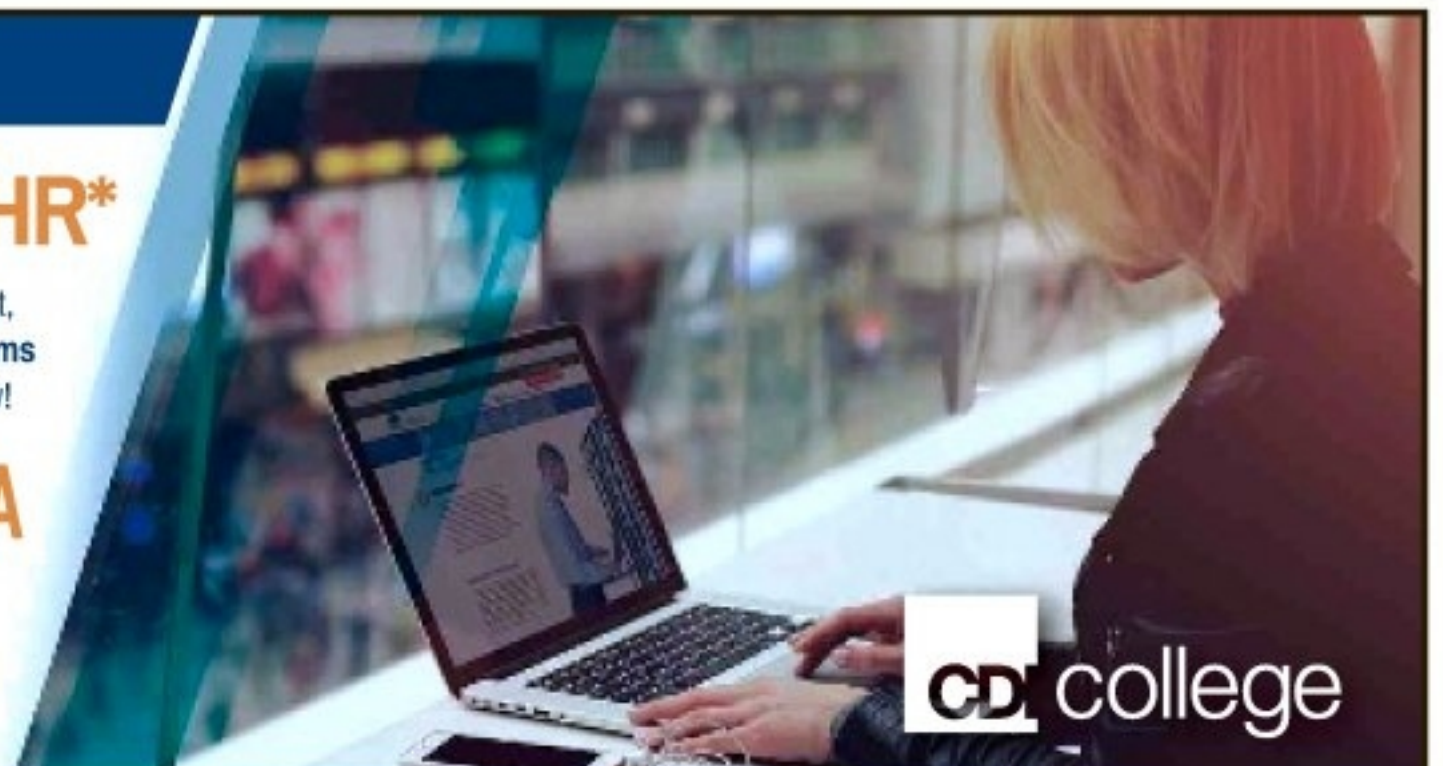
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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

FOOD NOTES

ENTREPRENEURS MAKE SMOOTH MOVE

**Erin Ireland**
Metro | Vancouver

As students, Michael Steele and Toner Jackson noticed how difficult it was to get their daily intake of veggies.

Smoothies were expensive and greens wilted quickly in the fridge. Their two-month-old business, The Good Stuff, solves both of these problems. At \$5-\$6 apiece, they offer some of the least expensive smoothies in town.

Here's how it works: choose to have your smoothies delivered or pick them up

from one of three retail locations in town. The ingredients come sealed in recyclable paper cups. Then dump the mixture of fruits, vegetables and super-foods into your blender and add liquid. The result is a nutrient-dense smoothie with unique flavours that takes about one minute to prepare. To order, visit thegoodstuffco.com.



Gary and Ronda Murdock run Rainforest Nature Hikes on Vancouver Island, offering guided forest-bathing hikes. CONTRIBUTED

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Bathe in fresh air



VANCOUVER TRENDING

**Amy Logan**
For Metro | Vancouver

Every Sunday for the last five years, Jolene Loveday, a Vancouver teacher, goes forest bathing with her husband.

After a bit of what is known in Japan as *shinrin-yoku*, she feels rejuvenated.

"The smells of the forest — earth, coniferous trees, rushing water, poplar leaves on the trail" put her in a meditative state, she said.

The Vancouver-based Suzuki Foundation cites research indicating that forest immersion lowers blood pressure, heart rate, and cortisol levels. Studies in Japan suggest that forest bathing causes people to breathe in essential,

plant-based oils and bacteria as well as negatively charged ions, strengthening the body's immune system.

For those who want a true escape, Gary and Ronda Murdock run Rainforest Nature Hikes on Vancouver Island, offering guided forest-bathing hikes. They take people off the beaten track in the ancient rainforest. The Murdocks "know all the native plants and many of their medicinal uses by Vancouver Island First Peoples," said Ronda. "The indigenous people have always known about the healing strength and spiritual uplift of the forest."

Loveday believes forest bathing is important because "we need to breathe clean, oxygen-rich air, walk in relative quiet and visually disengage from the sometimes oppressive visual culture around us."

Ronda agrees, noting that the electronic age and increased stress make it "more difficult to calm the mind."



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PENSIONS

Stop playing politics, says vets' lawyer

The lawyer for Canadian veterans involved in a legal battle with the federal government says the Department of Veterans Affairs is playing politics with his clients.

Don Sorochoan said Thursday that Minister Kent Hehr is not standing by his party's promise in the last election to re-establish lifelong pensions for veterans.

Hehr, who was in Calgary Thursday, said his government is moving forward as quickly as

it can to do that.

The legal action was launched in B.C. Supreme Court in 2012 by six severely disabled veterans over changes made to their compensation six years earlier.

The federal government replaced lifelong pensions with lump-sum payments, upsetting veterans, who argued they deserved disability payments on par with workers' compensation.

Efforts by the federal government to have the case thrown

out were dismissed, which led to an appeal. The lawsuit was put on hold in 2015 while the parties agreed to wait and see whether new legislation and a federal election would allow for an out-of-court resolution.

The deadline for a decision passed in June, and the Liberal government filed documents in court in July saying the government does not owe an "extraordinary obligation" to modern-day veterans.

The Trudeau government's

position in court was initially held by the former Conservative government before the Tories changed their stance in December 2014 after a public backlash. A decision is expected this fall.

"We have to run government by good policy and yet I understand that those members who are engaged in that lawsuit have served this country bravely and boldly," Hehr said when asked about the state of the lawsuit.

THE CANADIAN PRESS



Prime Minister Justin Trudeau delivers a speech to the Canadian China Business Council in Shanghai on Thursday.

ADRIAN WYLD/THE CANADIAN PRESS

Straight line for Trudeau

SHANGHAI SUMMIT

PM talks tough as he tackles China's human rights record

Justin Trudeau set his sights squarely on China's human rights record Thursday, painting Canada as a straight-talking champion of personal freedoms as he lectured an elite business crowd on the value of good governance and free expression.

The prime minister's direct remarks came during a week-long official visit to China aimed at forging deeper commercial and cultural bonds between the two countries.

Building closer economic ties will make it easier for China and Canada to speak frankly about governance, human rights and the rule of law, Trudeau told several hundred people at an event hosted by the Canada China Business Council.

"I remind everyone that as a country that has seen first hand the benefits of free expression and good governance — Canada encourages China to do more to promote and protect human rights," he said in his 22-minute speech.

"In the global village, we all have stake in what happens here.

"The success of the world is inexorably linked to China's success, and I know that these are

not easy conversations to have, but they are necessary ones."

Trudeau also said that freedom of expression is a "true Canadian value" protected by the country's Charter of Rights and Freedoms.

He noted that he told both President Xi Jinping and Premier Li Keqiang in meetings this week in Beijing that accepting a diversity of perspectives will strengthen China, just like it has in Canada.

Trudeau even went so far as to broach the subject of gender equality.

"See, we're Canadians — we travel with our values and we don't hesitate to share them whenever and wherever we see opportunities," he said before

glancing purposefully at the table in front of the stage.

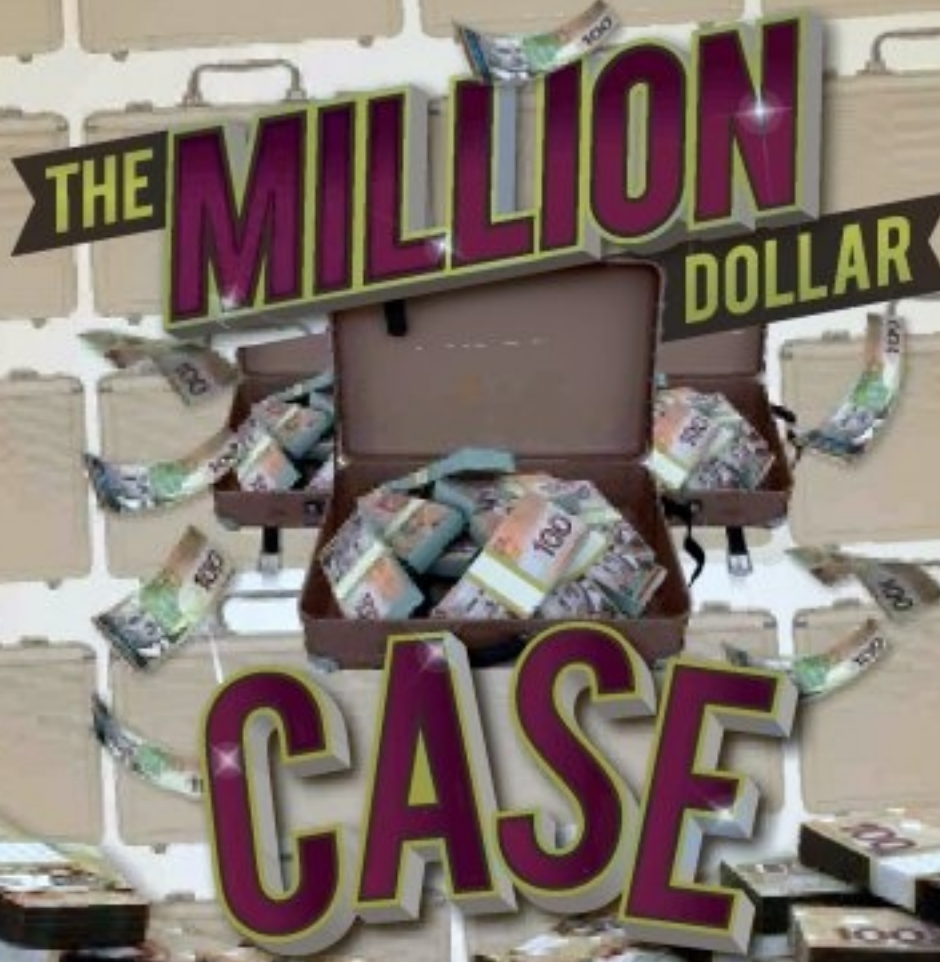
"And actually, there's an opportunity here tonight — gentlemen, it's 2016. We need more women at this head table."

It's not the first time a Canadian prime minister has spoken

bluntly while in China about the ever-present issue of that country's human rights record. During a landmark 1998 visit, Chretien told students at Beijing University that Canadians find it disturbing to "hear of people being harassed or imprisoned for expressing political views different from the government."

In the past, the Chinese leadership has not taken kindly to public criticism of its human-rights record, particularly from western countries. THE CANADIAN PRESS

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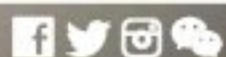
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The boy who changed a nation

SYRIAN REFUGEE CRISIS

Alan's death had profound impact on Canadians' lives

A year ago, Tima Kurdi was just a suburban mother, a hardworking immigrant in British Columbia who had knocked on many doors in a helpless effort to bring over her siblings and their families from war-torn Syria.

On Sept. 2, 2015, the Port Coquitlam woman's life was forever changed because of the drowning deaths of her nephews, Alan, 3, and Ghalib, 5, and their mother in the Aegean Sea while fleeing to Greece. The tragedy thrust her into a new role: appealing to the Canadian conscience over the long-standing refugee crisis.

Kurdi was thrust into the spotlight, becoming a spokeswoman for millions of Syrian refugees to people in Canada and around the world shaken by the image of tiny Alan lying facedown and lifeless on a Turkish beach.

The plea she and other Syrian Canadians had been making for years to politicians was finally heard. Just weeks later,



Alan, left, and his brother Ghalib Kurdi. Alan, 3, Ghalib, 5, and their mother drowned in the Aegean Sea while fleeing to Greece on Sept. 2, 2015. CONTRIBUTED

the new Liberal government swiftly opened Canada's door to thousands of Syrian refugees.

But Kurdi and her family weren't the only people whose lives were changed by little Alan's death: Syrian refugee families have been given the opportunity that Alan didn't have to build a new life in Canada. Members of Muslim and Arab communities who have felt

disenfranchised in Canada have a renewed sense of belonging. And ordinary people who rolled up their sleeves to engage in refugee issues feel a fresh pride in being Canadian.

"There has been a profound shift among Canadians in terms of our idea of refugees. For all of us on the ground, we were used to reaching out to religious groups and labour unions for

PROFILES

The death of Alan Kurdi, a three-year-old boy, truly has impacted lives around the world.

1 Gynecologist Vanig Garabedian and his wife, also a doctor, left Aleppo in 2014, after their clinic was bombed. The couple



Vanig Garabedian

and their two girls were among those who got off the first Canadian flight at Pearson, personally received by Prime Minister

Justin Trudeau.

2 Maher Azem, who came to Canada from Syria in 2005 to pursue a post-graduate degree at Ryerson University, said the Arab and Muslim community has become more engaged and mobilized. The 33-year-old Toronto man and others founded the Syrian Canadian Foundation to help private sponsorship groups and settlement agencies serve refugees.



Maher Azem

help," said Janet Dench, of the Canadian Council for Refugees.

"Now, all organizations suddenly are trying to find ways to offer help for refugees."

Dench called Alan Kurdi's death a defining moment that shifted Canadians' attitude toward the distant refugee crisis in Europe and the Middle East.

Brian Dyck, chair of the Canadian Refugee Sponsorship Agreement Holder Association, said few people would have expected the refugee crisis to become a campaign issue in

last October's federal election.

Then prime minister Stephen Harper was forced to address the Conservative government's record on the refugee crisis, while Immigration Minister Chris Alexander, who eventually lost his seat in the election, suspended campaigning to return to Ottawa to deal with the fallout.

"It's hard to say if it changed the outcome of the election," said Dyck, "but Canada's response to the refugee crisis was certainly discussed a lot for several weeks." TORSTAR NEWS SERVICE

CHILD BENEFIT PROGRAM

Decline in buying power predicted

Canadian families will see their payments slowly erode over time under the Liberal government's new child benefit program, says Parliament's budget watchdog.

In a report released today, the parliamentary budget officer says the benefit doesn't automatically adjust to account for inflation, which means the number of families who qualify will also decline in the long run.

The original three benefits that were replaced by the new system — the universal child care benefit, the Canada child tax benefit and the national child benefit supplement — were all indexed to inflation.

The changes that ushered in the Canada Child Benefit removed that index, meaning that over time, inflation will reduce the buying power, or so-called "real value," of the monthly payments, the report says. While 91 per cent of Canadian families are eligible for benefits this year, that will fall to 86 per cent by 2021. THE CANADIAN PRESS

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in connection with your children

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Hispanic leaders scratch their heads

U.S. ELECTION

Trump speech saddens many who advised the nominee

"Crushed." "Disappointed." "Confused."

Some Hispanic leaders who have been advising Donald Trump say they feel betrayed after his long-awaited immigration speech that definitively ruled out a pathway to legal status for people living in the country illegally.

Trump stopped short of calling for the mass deportation of millions of people who have not committed crimes beyond their immigration offences. But he also ruled out what he dismissed as "amnesty," saying those who want to live legally in the U.S. will need to leave and head to the back of the line.

"There's several of us who have gone out on a limb, if you will, to try to at least be at the table of reason with him, and



Donald Trump THE ASSOCIATED PRESS

that's left us confused and disappointed," said Tony Suarez, the executive vice-president of the National Hispanic Christian Leadership Conference. He's been among those pushing Trump to moderate his stance.

As recently as Monday, he said, the GOP presidential nominee had signalled on a conference call with faith leaders that they could expect to see a gentler, more compassionate Trump in the speech. Trump, Suarez said, was asked explicitly whether they would see a softening or any "hope" for at least some of the people currently living in the shadows.

"He said, 'Yes,' and he thought

we would be very pleased on Wednesday," said Suarez. "The impression given on the call was not what we heard last night."

Alfonso Aguilar, president of the Latino Partnership for Conservative Principles, had prominently endorsed Trump after initially opposing his candidacy. He, too, said Trump had signalled a willingness to moderate some of his immigration plans, including limiting his call for deportations to those convicted of crimes.

"At this point, I just don't see how I can support him. So I'm withdrawing my support," Aguilar said. "I was expecting something very different last night."

Trump's campaign, however, insisted the billionaire businessman had never wavered.

"Mr. Trump has been consistent in advocating for an end to illegal immigration and he will continue to reach out and work with voters from all communities to defeat Crooked Hillary Clinton this fall," said Jason Miller, the campaign's senior communications adviser. THE ASSOCIATED PRESS



Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, share a joke with construction workers on Thursday in Newquay, U.K. CHRIS JACKSON/GETTY IMAGES

UNITED KINGDOM

Was duchess catcalled?

The Duchess of Cambridge, Kate Middleton, appeared to catch the attention of a group of construction workers on Thursday as she toured Cornwall with her husband.

In photos of the interaction, she appears to laugh at what's being said, while Prince William looks less than impressed. Before jumping to conclusions, the exchange seems to be a lot more innocent than the photos make it look.

And no, William isn't re-

opening the Tower of London. It appears that Sam Wayne, the construction worker in the foreground, just wanted a selfie with the royal couple.

In a Facebook post, Wayne said it was his second royal selfie.

British tabloids are having a field day with the apparent catcalls, calling the construction workers "cheeky" and praising the royal couple for taking it all in jest.

METRO

TRAVEL TRAUMA

Airline mixes up two boys

A woman in New York feared her son was kidnapped when an airline mistook her five-year-old for another and flew him to the wrong city.

Maribel Martinez tells New York's Daily News she was shocked when JetBlue staffers presented her with another little boy on Aug. 17 at Kennedy Airport.

"No, this is not my child," she recalled telling JetBlue employees. "I was freaking out."

Both unaccompanied five-year-old boys boarded in the Dominican Republic. Martinez said her son had a wristband with his name. But the other child was carrying Andy's passport. The boy mistakenly flown to New York was returned to Boston. JetBlue is reviewing how the mix-up occurred.

Martinez said it took more than three hours for the airline to track down Andy in Boston. When it put her on the phone with him, he said, "Mami, they put me on another plane," she told the newspaper.

THE ASSOCIATED PRESS

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Bombardier to suspend jet production

MANUFACTURING

Move due to sluggishness in market, says spokesman

Bombardier is juggling challenges on two new fronts in Canada, temporarily suspending business jet production and falling behind in its delivery of

a light rail transit prototype for Toronto's Eglinton Crosstown transit line.

The aerospace and railway manufacturer says it plans to place workers at its Global jet completion centre in Montreal on furlough for an unspecified amount of time next year.

"It's a minor adjustment to our completion activities that will be deployed in 2017," spokesman Mark Masluch said Thursday.

He said the change — which follows last year's move to cut production of the Global 5000 and 6000 models from 80 to about 50 per year — will better manage costs and address ongoing sluggishness in the business jet market.

A company source who spoke on condition of anonymity said Bombardier is seeking to suspend production for 20 days in addition to the usual two-week shutdown during

summer.

Bombardier has also been taking action involving its Challenger and Learjets.

Meanwhile, Bombardier Transportation said it will deliver a light rail transit prototype in two to three weeks to Metrolinx, an agency of the Ontario government, for the Eglinton Crosstown transit line in Toronto after missing Wednesday's deadline to do so.

THE CANADIAN PRESS



Bombardier said it would cut production of the Global 5000 and 6000 jets from 80 to about 50 per year. TORSTAR NEWS SERVICE

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SOCIAL MEDIA

Instagram launches zoom feature at last

Instinctively pinching on an ex's Instagram photo to zoom in and accidentally liking it (oops!) will be less likely now that the app has finally graced users with a zoom feature.

Instagram announced the new functionality on Wednesday, allowing users to pinch-to-zoom in on photos and videos. The inability to zoom was one of the most complained about aspects of the app.

The company did not provide any explanation as to why this rather basic function was introduced five years

later, but did say it's working on "improving core parts of Instagram."

"Over the past six months, you've seen many exciting changes come to Instagram, from a new icon to longer videos and even a new way to share everyday moments with Instagram Stories," Instagram said in a statement posted on its account.

The zoom function, currently available on iOS only, will be available on Android devices in the coming weeks.

TORSTAR NEWS SERVICE

IN BRIEF

Puny carrots, recall stall Campbell freshness push

Campbell Soup's push to become a bigger player in the fresh foods market has been crimped by puny carrots and possibly spoiled protein drinks. A premature harvest led to smaller carrots, which drove away customers. Bolthouse drink results were hurt by a recall of 3.8 million bottles.

THE ASSOCIATED PRESS

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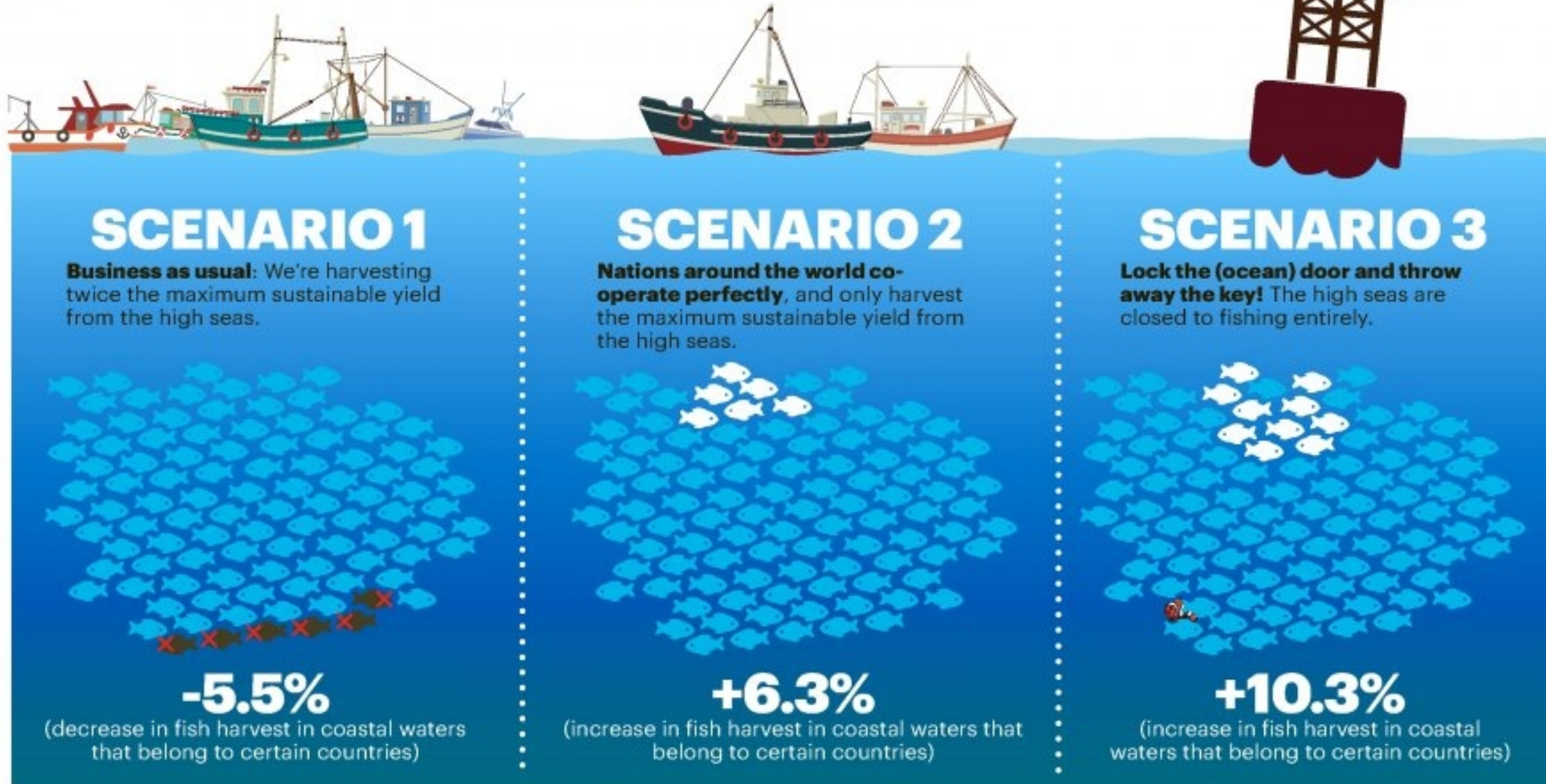
DECODED by Genna Buck and Andrés Plana

HOW TO KEEP PLENTY OF FISH IN THE SEA

Climate change is warming up the oceans, and many fish can't handle the heat. They're fleeing from tropical waters for cooler climes to the north and south. It's affecting fish harvests, especially in poor countries where they're needed most. UBC environmental science professor William Cheung has proposed a bold thought experiment: **What if we just ... closed the ocean? Could we save the seas?**

Using some fancy math, Cheung and colleagues predicted the abundance of **30 far-roaming fish species by 2050**, assuming global temperatures will have increased by about 1.8 C over the 1985-2005 average by 2100. They looked at three ways we could manage the **high seas** — the international waters that take up 2/3 of the oceans. They measured how

those scenarios would affect the remaining 1/3 of the oceans: the **exclusive economic zones (EEZs)** particular countries have the right to use. They assume no more than the maximum number of fish that can be harvested without depletion — called the **maximum sustainable yield** — is taken from the EEZs themselves.



FINDINGS Your week in science



STUMP FLUFFY

A new study suggests you should be making your lazy indoor cat work for her supper. Food puzzles, which make cats 'hunt' more like their wild ancestors, seem to increase activity and reduce boredom, lowering risks of obesity and diabetes.

IN FOR A HARD NIGHT (OR MORNING)

When you're most alert and operating at your best — whether you're a night owl or an early bird — is the time you're most likely to "self-sabotage" (a.k.a. waste time when you know you should be doing something else), an Indiana University study says.

SOUND SMART



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CITIZEN SCIENTIST by Genna Buck

Can anybody predict an earthquake?

Scientists were once charged for failing to predict an earthquake. Can anybody predict that? — Dean, Toronto

According to the U.S. Geological Survey, no scientist has "ever predicted a major earthquake. They do not expect to know how in the foreseeable future." But "probabilities can be calculated for potential future earthquakes."

Despite this, after Italy's deadly 2009 quake, six scientists and one government official were convicted of involuntary man-

slaughter for failing to communicate the risks. It's not clear yet whether there will be a repeat of this blame game in light of the Aug. 24, 2016 quake.

The scientists were later cleared. They'd simply said the chance of a major quake had neither increased nor decreased after a recent cluster (called a "swarm") of tremors.

Here's the thing: In most cases (99 per cent, according to one seismologist), a swarm is not a warning knell for a major quake. However, big quakes are often

preceded by smaller "foreshocks" — though it may not be clear what's a foreshock and what's the real thing until after the fact.

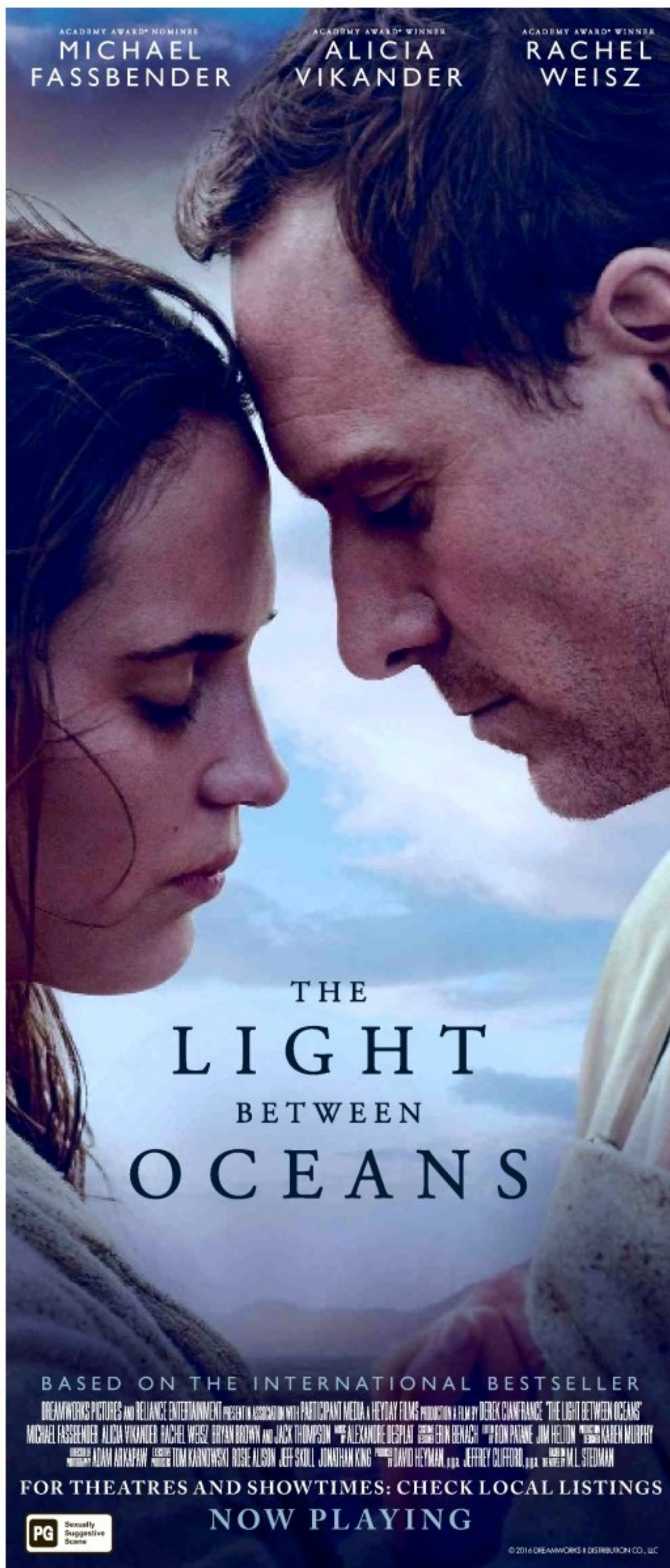
Chile, possibly the most earthquake-ready nation, has a network of sensors that detect tremors as they happen, so people can be evacuated if it's determined there's a risk of tsunami.

Early warning systems in the works — ones that can, for example, trigger trains to stop and power and gas lines to be disabled to minimize damage — are expected to provide a couple of

minutes of notice, at the very most. It's not like a weather forecast, and it probably never will be.

Here's the heart of it: Earthquakes, the release of pent-up potential energy inherent in the position of tectonic plates, are chaotic by nature. This brings to mind a favourite quotation of mine, from Irish comedian Dara Ó Briain: "Science knows it doesn't know everything; otherwise, it'd stop."

Science Question?
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Crossing over

How M.L. Stedman's debut novel *The Light Between Oceans* made it to the big screen

Few debut novels have made as big a splash as M.L. Stedman's *The Light Between Oceans*. Set on a lonely island off the west coast of Australia, the 2012 book tells the tale of lighthouse keepers who find a lost baby and what happens when good people make bad decisions. It's a love story, mystery and tragedy rolled into a sweeping historical novel.

But the story of how the New York Times bestseller came into existence and how it made the transition from the page to the screen has almost as many twists as the book itself.

Originally from Western Australia, Stedman moved to London, England, to work as a lawyer. In 1997, she took up creative writing and had some success with her short stories. Then came *The Light Between Oceans*. The novel is about moral choices, though it is careful not to judge the actions of its characters. Tom Sherbourne is a First World War vet who seeks sanctuary as the keeper of a white stone lighthouse. On the mainland, he meets the spirited Isabel Graysmark, who searches for a modern idea of freedom with Tom on the island.

In an interview with *The Christian Science Monitor*, Stedman said the story and its characters emerged from her imagination: "I closed my eyes and could see a lighthouse and a woman... a man appeared, and I sensed

he was the light keeper, and it was his story. Then a boat washed up, carrying the body of a dead man. I kept looking and saw there was a baby in it too, so I had to keep writing to see who all these people were and what happened next."

What happened next was that the novel was a hit. It has been published in over 30 languages and praised for its deeply realized protagonists and its exploration of darkness and light. Stedman herself adds a layer of mystery, granting few interviews and offering little personal information.

In 2012, DreamWorks won the rights to the story, and Derek Cianfrance, director of *Blue Valentine* and *The Place Beyond the Pines*, was chosen to recreate Stedman's fictional world of Janus Rock. To capture the novel's conflicted characters, Cianfrance cast Michael Fassbender and Alicia Vikander in the roles of Tom and Isabel, and Rachel Weisz as a mysterious mainlander from the past.

Because the geography is so important to the story, the movie was filmed on location on the rugged west coast of Australia. "I wanted to be incredibly faithful to the book," says Cianfrance.

He says Stedman herself paid him the ultimate compliment when she told him that, in his making of the film, she felt understood. "She said, 'Isn't that the point of life, that we, as human beings, are trying to be understood by each other?'"

The Light Between Oceans is now playing in theatres across Canada.



Fall into film

After a bruising three months, it's about to get better at the multiplex. Here are six movies, performances and story lines moviegoers can look forward to this autumn. THE ASSOCIATED PRESS

1 Potter world roars back to life — This fall, J.K. Rowling's \$7.8-billion film franchise is back. It's a two-pronged attack. While *Fantastic Beasts and Where to Find Them* (pictured) is reaching back into the past of Rowling's Potter world, the two-part West End play *Harry Potter and the Cursed Child* (only co-written by Rowling) is going into the future. It moves the tale 19 years ahead of where the books left off.

2 Ang Lee, innovator — Ang Lee is continually pushing cinema to new technological heights, and his adaptation of Billy Lynn's *Long Haultime Walk* (Nov. 11) is no less ambitious. The first screening will be in 4K, 3D and 120 frames per second — essentially, hyper reality.

3 Lonergan-Mania — Little is settled about this fall's coming awards season except for this: Kenneth Lonergan's *Manchester by the Sea* (Nov. 18) is one of the best films of the year. Already celebrated at its Sundance premiere, Casey Affleck excels as a small-town New Englander haunted by tragedy.

4 A more diverse Oscars — After two straight years of "OscarsSoWhite" blanketing a dishearteningly homogenous Academy Awards, a richly diverse array of possible nominees is lining up for this season. A revamped Academy of Motion Pictures may be hard pressed to ignore the likes of *Hidden Figures* (Dec. 25).

5 A legitimately good Shia LaBeouf — Performance-art theatrics have overshadowed the transformation Shia LaBeouf has undergone. He's made it easy to not take him seriously in recent years, and maybe that's been the point. But in Andrea Arnold's Midwest teenage odyssey, *American Honey* (Sept. 30), LaBeouf and breakout star Sasha Lane (pictured) are exceptional.

6 Emma Stone gets a proper showcase — How do you come off of a dud like *Aloha*? By singing, dancing and romancing your way back into America's hearts in what could be a career-defining performance in Damien Chazelle's musical story *La La Land* (Dec. 16) of course.



On now until September 5th.

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ACADEMY AWARDS

Five noms, no statues: Time for versatile actress to win

Shinan Govani
For Torstar News Service

Better to have been nominated and lost than to have never been nominated at all.

Or is it?

As Amy Adams — alliterative of name, fiery of mane — moseys into Toronto next week this is a question that might be asked. Starring in two, high-profile movies at the Toronto International Film Festival, and with the chatter of awards season commencing anew, it's as good a time as any to be reminded that the 42-year-old sweetheart is in quite the Oscar club: She's

five for five, both for Oscar nods and Oscar robs.

Adams is more conspicuous than, say, Julianne Moore, who'd been nominated four times before she won her first statuette for *Still Alice*. But a solid 12 years passed between Moore's Academy Award win and her previous nomination, while Adams's five nominations came in the span of a decade.

"The nominations got Amy attention, and better work with more interesting directors, but it happening in such quick succession ... it's also kind of a bag of rocks on her back," an L.A.-based Oscar-watching veteran told me recently. That is to say, in Hollywood, stars such as Brie Larson

and Alicia Vikander walked away with statuettes this year on their first go-round, while a dash of Susan Lucci (the soap opera star nominated for an Emmy 19 times before she won the award), clogs Adams' filmography.

No sooner had Leonardo DiCaprio fulfilled his own destiny with a Best Actor win this past February than the Oscar-curse talk shifted to the woman who's been a high school gymnast, a Gap greeter and an A-grade cartoon Disney princess, and who has shared movie credits with Meryl Streep twice (in *Doubt* and *Julie & Julia*).

"Now that Leo got his Oscar, can we finally move on to the injustice that is Amy Adams be-

ing nominated five times without winning, how?" tweeted @NathanWarnock, one voice in the rising chorus. Comparisons inevitably were also made to Kate Winslet, who went zero-for-five herself until she struck gold for *The Reader*.

Adams's two films screening in Toronto offer a glimmer of hope. She stars in Tom Ford's *Nocturnal Animals*, a screwy character sketch, and Denis Villeneuve's *Arrival*, which some people are already calling the sci-fi thriller of the year.

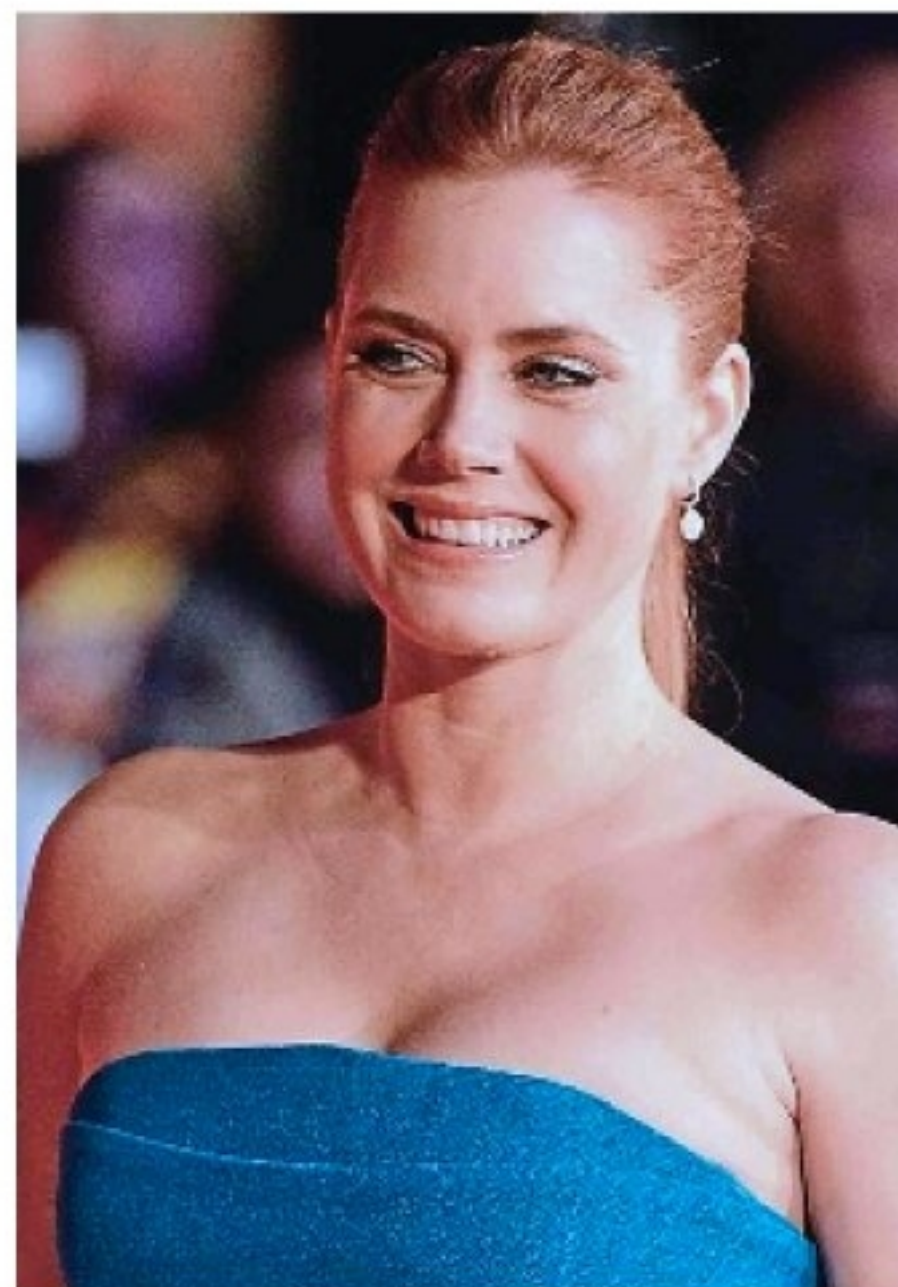
If nothing else, the two projects demonstrate Adams's range; she has more range than most, but it's also prevented her from developing the kind of image that's critical in today's star-making apparatus.

"In her short career," wrote Nico Lang in *dailydot.com*, "there's almost nothing Amy Adams hasn't done ... but for being everywhere, she's seemingly nowhere."



There's almost nothing Amy Adams hasn't done ... but for being everywhere, she's seemingly nowhere.

Nico Lang in *dailydot.com*



Amy Adams stars in Tom Ford's *Nocturnal Animals*, a screwy character sketch, and Denis Villeneuve's *Arrival*, which some people are already calling the sci-fi thriller of the year.

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Transgender singer a 'pillar of hope'

INTERVIEW

Jade Mya hopes talking about her past will help others

When Jade Mya was 11 or 12, she remembers a morning when her stepfather stopped her before school because he thought her outfit — a baggy white sweater dress slung over black tights — was too provocative.

The issue wasn't that the modest ensemble was revealing, but instead that Mya had grown up identifying as a boy.

"He got really upset," Mya recalls. "I still remember that day, him sitting me down, being like: 'You can't dress like that. You can't go to school like that.' He was freaking out."

"I remember talking back and saying, 'I'll go to school like this if I want to. This is comfortable. I like this. I'm different.'"

Perhaps that conversation looms large for Mya because it set so many things in motion; first, the concerned parents who "you could always hear talking at night," then 18 months of weekly therapy, followed by consultation after consultation with doctors. Finally, she began to transition at 15 years old. Doctors told her she was the youngest person in Canada ever to do so.

Or perhaps she remembers that conversation so clearly now, at age 25, because it was

an early instance of Mya retaining the resolve to be herself.

Now a country singer whose seven-song debut *Heartbreak Country* came out in August and a fitness model with 140,000 Instagram followers, Mya hadn't spoken publicly about being transgender.

But as she stomps closer toward a hard-fought career breakthrough, she wants fans to know who she is.

"I want to take control of the story," she explains. "Some people thought I might have been lying because I didn't bring it up in the first few words any time they met me; because I didn't label myself as a certain way. And I don't think people should label themselves. We're all humans."

"But I'm proud of the person I am. So I want to come out and if people can see me as a pillar of hope or a pillar of anything, I'll be grateful."

And when it comes to pillars, by the way, Mya has always had her family.

She grew up in Luskville, a small western Quebec town "past Gatineau, past the mountains, past the cows and past the farms." In town and at home, country music was a mainstay, and Mya essentially inherited her fondness for the classic likes of Johnny Cash and Dolly Parton.

"If country music wasn't playing," she recalls, "someone was sick."

Mya's mom immigrated to Quebec from Lebanon when

she was pregnant, so Mya never knew her father. But her close-knit family seems the tough stuff of country tunes. Though her mom and siblings worried about Mya undergoing aspects of the transition at a young age, their support didn't waver.

Her sister, 31 and Mya's "best friend," invited Mya to live with her and her husband for a period of time, while Mya never forgot "how many fights my

brother got into at school for me."

"I have a really good family," she says.

Along the way, music was an outlet. A blend of covers and originals, *Heartbreak Country* is rooted in the retro country she adores. The most personal tune might be *Loving Him Is Killing You*, a tune she co-wrote about the tumultuous end of her "first real relationship" two years ago.

"We were talking about an engagement and buying a house together. That destroyed me, that one; that absolutely killed me," she says. "But honestly, I came out strong and I wrote a great song that's on the record."

Although Mya figures most of her fans don't know she's transgender, she has already faced discrimination on social media that she knows could amplify. "If you want to die,

Google yourself."

She's actually smiling when she says it and, in fact, derives some amusement from the chatter (she was tickled by the accusation that she removed a rib; she didn't). If Mya had a thin skin, she notes, hers "would be the wrong industry to be in."

"I'm a strong person. I'm like a brick wall. You can't push me down," she says.

TORSTAR NEWS SERVICE



Canadian country singer Jade Mya has decided to speak out about being transgender. Her seven-song debut *Heartbreak Country* came out in August.

ANDREW LAHODYNSKYJ / TORSTAR NEWS SERVICE

"I've been getting the punches for, gosh, so long. Now they feel like little taps. They feel like gifts sometimes. 'Oh, somebody wrote what?' I'm a strong person. I'm like a brick wall. You can't push me down. Jade Mya

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5 LEO DICAPRIO LOOKALIKES AROUND THE GLOBE

Leonardo DiCaprio is one of the most recognizable names in Hollywood. But the face that's become so memorable from a career spanning three decades and from such films as *Titanic*, *The Aviator* and *The Revenant* — for which he won a Best Actor Oscar — isn't particularly unique.

TORSTAR NEWS SERVICE; ALL PHOTOS: INSTAGRAM/TORSTAR NEWS SERVICE



1 Roman Burtsev, 33

Looking rather like an overfed version of the sleeker DiCaprio, a Russian IT expert Roman Burtsev has been using his resemblance to the actor to fatten his wallet, most recently in a television ad campaign for the tippie most favoured by his fellow Ruskies, Five Lakes Vodka. Burtsev is also taking acting lessons, is planning to go on a diet to shed some unwanted inches and is hoping to find true love in the near future.

Dane DeHaan, 30 2

American Dane DeHaan is the only doppelganger who's actually followed DiCaprio into acting and it's helped him launch a promising career in television and film. "I think we have very similar eyes. I really like DiCaprio, the younger work especially. I think that he played a lot of very varied, but fully-embodied characters, and I would hope that's true for my work too. I don't think it's just a physical thing ... I think we bring an intensity to the screen that is somewhat comparable," DeHaan said in a 2012 interview.



3 Konrad Annerud, 21

Swedish bartender Konrad Annerud says he's mistaken for the actor nearly every day, although he's 20 years younger, and gets plenty of selfie requests. The DiCaprio clone doesn't help matters since he mirrors the same hair and clothing style as the actor. "It can become a bit hard sometimes when people call me Leo instead of my name ... but it's fun to be like him. He's handsome," Annerud said in an interview.



4 Brad Ellison, 27

When U.S. archer Brad Ellison made his third appearance and won his second Silver Medal for archery at the recent Summer Olympics in Rio, fans couldn't help but notice his uncanny resemblance to the actor. DiCaprio has recently been sporting a beard, as does Ellison, which makes them look even more like twin brothers separated at birth.

5 Jordan Kale Barret, 19



First scouted at the tender age of 14 at a grocery store with his mother, Australian model Jordan Kale Barret has been compared to both DiCaprio and his late acting rival, River Phoenix. The 19-year-old is already a world traveller, having modeled for *Vogue* magazine and landing major shoots for such big-name fashion names as Versace, Balmain, Tommy Hilfiger and the Gap. He's even become tabloid fodder as the rumoured boytoy of hotel heiress Paris Hilton.

SNEAK PREVIEW

Off-kilter role falls in Paul's wheelhouse

Aaron Paul isn't a dad, yet, but he loves playing one — however flawed that dad might be.

"I love working with kids. I have lots of nieces and nephews. I can't wait to have children of my own," he said during a recent round of interviews for *The 9th Life of Louis Drax*.

Paul plays two parts — sort of — in *Louis Drax*, and one came with a monster suit.

"It was a huge process, a four-hour process," he said of his transformation from ex-boxer, violent dad-with-a-drinking problem Peter Drax, to a dark, cave-dwelling thing.

"It was a big suit that I put on. A latex head. I kind of suppressed the memory. It was a nightmare of an experience. But I actually really enjoyed it."

The psychological thriller

stars Jamie Dornan as a coma specialist tasked with taking care of a nine-year-old, seemingly accident-prone boy named Louis whom Dornan's Dr. Allan Pascal mind melds with. There's also some romance, on Dornan's part, with Louis' mom.

The story is right in Paul's off-kilter wheelhouse, a la his award-winning role as Jesse Pinkman in *Breaking Bad*. It's a more challenging stretch for Dornan, of *Fifty Shades* fame, despite being the son of a doctor who once had acting aspirations of his own.

"My dad is a doctor. My mother was a nurse. My stepmother is a doctor. My uncle's a doctor. It's funny, my dad tried to give me advice for pretty much every character I've played, except on this occasion when

+ DETAILS

The 9th Life of Louis Drax

Based on Liz Jensen's bestseller of the same name.

Stars Aaron Paul, Jamie Dornan, Aiden Longworth

In theatres Sept. 2

I was playing a medical professional," Dornan laughed.

Dornan, who has two young daughters, enjoyed working with a child actor as much as Paul. Louis is played by Aiden Longworth, who was 10 during filming and is now nearly 12.

Yes, Louis is in a coma, though he has more to do than just lie still.

"Aiden, he's brilliant," Dornan said. "You know the famous thing, never work with kids and animals? One of the early scenes I did was with a hamster and a child, so there's two in one. He talks non-stop, so actually the coma aspect, for him, was very, very difficult."

The script was a labour of love for Max Minghella, whose famous father, Oscar-winning director and screenwriter Anthony Minghella, had been developing it before he died in 2008. Minghella said French director Alexander Aja, known for slasher horror and fantasy, was true to the page, though the two didn't always get along.

"We butted heads a lot. I ... but it was absolutely coming from a place of love and excitement," Minghella said.

THE ASSOCIATED PRESS



In the psychological thriller *The 9th Life of Louis Drax*, Aaron Paul plays the father of a boy in a coma.

TAYLOR JEWELL/INVISION/THE ASSOCIATED PRESS



This weekend Alicia Vikander stars opposite Michael Fassbender in *The Light Between Oceans*. CONTRIBUTED

World unites in love for Alicia Vikander

IN FOCUS

Actress has become the 'it' girl of film

Richard Crouse
For Metro Canada



In *The Light Between Oceans*, Michael Fassbender plays a stoic World War I veteran who falls truly, madly and deeply in love with Isabel (Alicia Vikander).

It's not an uncommon tale these days. It seems all of Hollywood adores the 27-year-old Swedish actress.

The New York Times praises "the gamin bone structure, that sullen pout, those velvety fawn eyes," and producer Lionel Wigram declared, "She's a star. You can't take your eyes off her on screen or in person."

Her talent and versatility have made her so in demand it's hard to believe that in her late teens drama school twice rejected her. According to her those dismissals were a blessing in disguise as they allowed her earlier access to "an industry that prizes youth in women."

This weekend she takes on the romance of *The Light Between Oceans* as a precocious

woman who asks a man she has just met to marry her. Based on an acclaimed and bestselling book by M.L. Stedman, it's a story about choices, honour and true love that plays like a highbrow Nicolas Sparks story in period clothes. It also showcases Vikander's range. In the last two years she has played everything from the personification of artificial intelligence to the estranged daughter of Hitler's favourite rocket scientist. After success in Swedish language film and television, Vikander made an impression in under-seen films like the lushly beautiful *Anna Karenina* opposite Keira Knightley and *Testament of Youth*, a World War I era story of one woman's voyage into pacifism.

It was *Ex Machina*, however, that made her a star. She played an automaton named Ava created by tech wiz Nathan "The Mozart of Code" Bateman (Oscar Isaac). Programmer Caleb Smith (Domhnall Gleeson) is hired to evaluate if the robot's ability to show intelligent behaviour is equal to, or undifferentiated from, that of a human being. *Ex Machina* is presented as sci-fi, but it really is a human drama; a human drama where the main character has a fibre optic nervous system. Vikander is equal parts warmth and chilly preci-

sion as a robot who wants more than to be a machine.

Next Guy Ritchie cast her in *The Man from U.N.C.L.E.* and if he had Frankenstein'd an actress for the role of Gaby in the mould of 1960s starlets, he could not have topped Vikander as a picture-perfect representation of mid-century cool. She looks like she was born to wear the oversized sunglasses and Mary Quaint frocks but she's more than just the romantic interest.

In *The Danish Girl*, Eddie Redmayne plays the title role, transgender pioneer Lili Elbe, and while he has the showier part, it is Vikander — as Elbe's ex-wife — who won a best supporting Oscar for holding the screen as the film's emotional core, a woman who valued her relationship regardless of the changes that came her way.

Most recently she starred opposite Matt Damon as CIA's cyber-ops head Heather Lee in *Jason Bourne* and soon we'll see her in the thriller *Submergence* with James McAvoy, Eva Green's *Euphoria* and in the period piece *Tulip Fever* with Christoph Waltz.

But perhaps the biggest indication of her industry clout is that she recently announced she'll be stepping in for Angelina Jolie as Lara Croft in the rebooted *Tomb Raider* series.

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THE CANADIAN PRESS FILE

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JEFF HARPER/FOR METRO FILE

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The tourist's guide to nerd-vana

TECHNOLOGY

Silicon Valley an increasingly popular selfie destination

There's a quirky twist on tourism emerging amid the Silicon Valley whirlwind of innovation that has tethered everyone to their smartphones.

Those omnipresent devices are being used to track down technological touchstones scattered around the San Francisco Bay area so selfies can be taken, videos can be recorded and the experience can be celebrated in a Facebook post, Snapchat or tweet.

Here's a tourist's guide to nerd nirvana:

Growing up in a garage

Silicon Valley startups have a history of humble beginnings, dating to 1939 when Hewlett-Packard Co. was founded in a Palo Alto, California, garage. It still stands at 367 Addison Ave., considered by many to be the birthplace of Silicon Valley. HP now owns the place.

Jobs was one of many entrepreneurs influenced by the HP legacy as a teenager, eventually inspiring him and his engineering friend, Steve "The Woz" Wozniak, to begin working on Apple's first computer in the home of Jobs' parents. That ranch-style house at 2066 Crist Drive in Los Altos, California, is now owned by Jobs' sister, Patricia.

After they started Google in 1998, co-founders Larry Page and Sergey Brin built what would become the world's dominant



People pose by Android lawn statues at Google's headquarters in Mountain View, Calif. Fans of tech culture will find a variety of places to visit and take a selfie around Silicon Valley. ERIC RISBERG/THE ASSOCIATED PRESS FILE

search engine in a garage and room they rented from Susan Wojcicki, whom they later hired (she now runs YouTube for them). The Menlo Park, California, house, at 232 Santa Margarita Ave., is now owned by Google.

The Palo Alto, California house where Zuckerberg did a lot of computer coding and threw some wild parties, if you believe the movies, is located at 819 La Jennifer Way. The place is still rented out by young entrepreneurs hoping some of Zuckerberg's magic will rub off on them.

Today's technology temples

The headquarters of Apple, Google and Facebook have turned into must-see shrines to products that have become part of culture's lifeblood.

None of the companies offers public tours, but that doesn't

mean you can't steal glimpses at these factories of innovation.

Search starts here

Google is the most accessible of the three headquarters. The hub of its Mountain View, California, campus is at 1600 Amphitheatre Parkway, with other Google offices sprawling almost all the way down to the nearby NASA Ames Research Center, where Page and Brin keep personal jets in a hangar.

Walk down Charleston Road and you are bound to see one of the company's employees (also known as Googlers) cruising on yellow, green, blue and red bikes placed outside all the offices to get to meetings more quickly.

While strolling around, make sure to swing into the office at 1981 Landings Drive, where you can take a selfie with Androstat-



Meta tourism: visitors pose for photos in front of Facebook that they will later post to Facebook. MARCHIO JOSE SANCHEZ/THE ASSOCIATED PRESS

ues memorializing different versions of the operating system that powers most of the world's smartphones.

Each statue represents a des-

sert because Google has nicknamed each version after something sweet. The menu includes Cupcake, Donut and Eclair. The latest serving of Android, called

CAMPUS 2

Apple, founded in 1976, has had a fiercely loyal following for decades.

New site

The current headquarters will be overshadowed early next year when Apple plans to open a nearby 2.8 million-square-foot, circular office that has been likened to a huge spaceship sitting on a 176-acre site. Known as "Campus 2," the new building is designed to accommodate about 12,000 workers. Before Jobs died in 2011, he stipulated that the campus should be surrounded by about 7,000 trees.

Nougat, has just rolled out.

A place everyone likes

The giant thumbs-up sign replicating Facebook's symbol for liking a post has become one of the most photographed spots in Silicon Valley since the social networking company moved its headquarters from Palo Alto to 1 Hacker Way in nearby Menlo Park five years ago.

Unless you happen to be in a plane or have a camera-equipped drone, you won't be able to see what's on top of another Facebook building across the street (an underground tunnel connects the offices). That building, designed by famed architect Frank Gehry, features a nine-acre park atop the roof. THE ASSOCIATED PRESS

POST 9/11

Lower Manhattan's rebirth

The revitalization of the New York City's downtown, powered by \$30 billion in government and private investment, includes not just the reconstruction of the World Trade Center site, but also two new malls filled with upscale retailers, thousands of new hotel rooms and dozens of eateries ranging from a new Eataly to a French food hall, Le District.

The statistics alone are stunning. There are 29 hotels in the neighbourhood, compared to six before 9/11. More than 60,000 people live downtown, nearly triple the number in 2000. And last year, the area hosted a record 14 million visitors, according to the Alliance for Downtown New York.

And while there's plenty to do downtown for free, including seeing the 9/11 memorial



Construction cranes continue working on top of 3 World Trade Center. MARK LENNIHAN/THE ASSOCIATED PRESS

park, visitors have also shown a willingness to pay relatively steep prices for certain attractions. The 9/11 museum, which charges \$24 U.S., has drawn 6.67 million visitors since its May

2014 opening. The observatory atop One World Trade Center, which charges \$34 U.S., has drawn three million people in the 15 months since it opened.

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TRAVEL NOTES BEAUTY QUEENS AND BEARS ON PARADE

Miss America contestants not the only hopefuls in Atlantic City

There they are: the 52 Miss America contestants, on the Atlantic City Boardwalk — and not a moment too soon for a city that could use a happy diversion. The hopefuls were welcomed to the seaside resort to kick off two weeks that will culminate in the crowning on Sept. 11. They arrived as the city faces yet another casino closing. "Miss America is just what this city needs right now," said Mayor Don Guardian.

THE ASSOCIATED PRESS



MEL EVANS/THE ASSOCIATED PRESS

Alaskans live among bears — both real and brightly coloured

Alaska's largest city is home to more than 300 grizzly and black bears — and now more than a dozen multicoloured ones. Life-size statues painted by city artists for a public art installation called Bears on Parade are popping up as part of an effort to raise awareness that if you live in Anchorage, you live near bears.

THE ASSOCIATED PRESS



DAN JOLING/THE ASSOCIATED PRESS

Mantis spurs Royals' marvellous month

World Series champs eye playoff berth after poor start

The reigning World Series champions had been rendered an afterthought as the calendar flipped to August, the Kansas City Royals so far out of playoff contention that some were wondering whether they might begin jettisoning their stars and rebuilding.

They proceeded to have one of the best months in franchise history.

Despite back-to-back extra-inning losses to the Yankees, the Royals still finished 20-9 in August to climb back into the post-season chase. They've won seven of their past eight series and 18 of their past 24 games as they head into an important series against the Detroit Tigers this weekend.

The Tigers are among the teams standing between Kansas City and an AL wild-card spot.



Royals catcher Salvador Perez kisses Rally Mantis Jr.'s enclosure. PHOTOS BY ED ZURGA/GETTY IMAGES

"It really shows the character and how resilient they are," said Royals outfielder Billy Burns, whose arrival in late July coincided with their recent run. "I saw it two years ago in the wild-card game when I was with Oakland, and we had them down with Jon Lester on the mound."

"Nothing with this team really surprises me."

Still, the Royals went just 7-19 in July. Their starting rotation was atrocious, they had one of the most impotent lineups in the majors and a series of

injuries had scuttled any sort of chemistry.

There was nothing to indicate that such an about-face was about to happen.

Then the praying mantis showed up.

On a team that believes wholeheartedly in karma, the arrival of the bug-eyed insect during a win over Toronto on Aug. 6 came with deeper meaning. The Royals adopted the Rally Mantis and took him on the road, where they won five of six games. And when the bug died in Minnesota — the Royals lost that day

— they were unsurprised when another mantis flew in during a game in Detroit.

This time, Rally Mantis Jr. was given a proper cage complete with food, greenery and, well, insect versions of all the trappings that major-league ballplayers have in their clubhouses.

Since his arrival, the post-season charge has pressed on. The Royals' win total in August was their best since 1989, when they won 21 games.

THE ASSOCIATED PRESS

3

Kansas City is three games behind Detroit and Baltimore for the second wild-card spot.

LPGA

Choi stands up to wind in Ontario

South Korea's Chella Choi was the only one ready for the wind.

Choi shot a 6-under 66 on Thursday to take a one-stroke lead after the first round of the LPGA Manulife Classic. Gusts of wind made long drives difficult for most of the field, but Choi had been focused on improving her drives in the days leading up to the event, coincidentally giving her a powerful stroke off the tee that could force the ball to the green.

"I worked really hard the last three weeks," said Choi after completing her round at Whistle Bear Golf Club in Cambridge, Ont. "I want to hit straight and strong on my drive all four days, so I focused on just my driving for four days strong."

American Britanny Lang, Spain's Azahara Munoz, Sweden's Dani Holmqvist and In Gee Chun of South Korea are all at 5-under.

THE CANADIAN PRESS

CANCON
Hamilton's Alena Sharp and Maude-Aimee Leblanc of Sherbrooke, Que., were the low Canadians at 3-under 69 on the day.



BLUE JAYS MARITIME FARM HITS ONE OUT OF THE PARK

The folks at the Hunter Brothers Farm of New Brunswick have cut Jose Bautista's iconic bat flip into a corn maze. "It's one of the most iconic images associated with the Blue Jays," said Leigh Hunter of the farming family. Along with Bautista's bat-flipping image is a gargantuan "40," to mark the team's 40th anniversary this season. HUNTER BROTHERS FARM/FACEBOOK



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Brady set to begin ban

NFL

Patriots QB plays first half in pre-season loss to Giants

See you again in five weeks, Tom Brady. With a four-game suspension for his role in the "Deflategate" scandal beginning in just a few days, Brady had an NFL going-away party Thursday night, playing the first half in the New England Patriots' preseason finale against the New York Giants.

Brady completed 16 of 26 passes for 166 yards, a touchdown and an interception as the Patriots (3-1) missed out a perfect preseason in a 17-9 loss to the Giants (2-2).

"I was happy I was able to play as much as I did," Brady said. "It was a good opportunity to get out there and play. We did a decent job of moving the ball, but we turned it over too many times."

Brady showed flashes in his second preseason game of the



Tom Brady struggled in his return under centre for the Patriots on Thursday night in East Rutherford, N.J. JEFF ZELEVANSKY/GETTY IMAGES

season. He completed five passes between 16 and 38 yards, but only one drive resulted in a score, a 7-yard TD toss to Keshawn Martin. Two others, including one in the red zone, were ended by lost fumbles. His sixth and final series was a knee at the half.

The two-time NFL MVP begins

a four-game suspension Saturday for his role in the use of deflated footballs in the 2014 AFC championship game. He won't be eligible to rejoin the active roster until Oct. 3, leaving the team in the hands of Jimmy Garoppolo.

"I haven't thought about it much," Brady said. "I always take it as it comes and do the

best that I could do."

New England opens the season on Sept. 11 at Arizona. The Giants are at Dallas.

Brady's absence will mark the first regular-season games he's missed since 2008, when he suffered a torn ACL in his left knee in the season opener.

Ryan Nassib threw a 59-yard

THURSDAY in New Jersey



touchdown pass to Tavarres King for the Giants and set up Randy Bullock's 25-yard field goal. Logan Thomas tossed a 17-yard fourth quarter TD to Roger Lewis Jr. after New England got a 32-yard field goal by Stephen Gostkowski earlier in the quarter, cutting the lead to 10-9.

A three-time Super Bowl MVP, Brady was sharpest on his fourth series, leading the team on a nine-play, 77-yard drive. He hit 6 of 7 passes and scrambled for 10 yards on the march, but had to throw the ball away on a 2-point conversion pass.

Brady had New England at the Giants 19 on the next series before running back D.J. Foster fumbled a screen pass.

Unlike many of the players, Brady had nothing to prove in this game. He spent the final half sitting on the bench.

THE ASSOCIATED PRESS

IN BRIEF

Reid joins Kaepernick in kneeling for U.S. anthem

Colin Kaepernick and San Francisco 49ers safety Eric Reid kneeled during the U.S. national anthem Thursday night, continuing the quarterback's preseason protest of American racial injustice and minority oppression.

Kaepernick and Reid dropped to one knee while a naval officer sang The Star-Spangled Banner and dozens of military members unfurled an oversized flag at the Chargers' Qualcomm Stadium. The 49ers' visit coincided with the annual Salute to the Military preseason game for the Chargers, who have avid fan support in their city's armed forces community.

THE ASSOCIATED PRESS



Colin Kaepernick's socks THE ASSOCIATED PRESS

CFL

Controversial D-liner Mitchell on short leash

The CFL and the Saskatchewan Roughriders will be keeping a close eye on controversial defensive lineman Khalif Mitchell, league commissioner Jeffrey Orridge said Thursday.

Any "inappropriate behaviour" from Mitchell, who has been sanctioned twice for violating the league's social media policy, "will result in his immediate dismissal," Orridge said in a statement.

The Riders signed Mitchell

to their practice roster Wednesday, a move that drew criticism from Canadian Jewish organizations. Mitchell hasn't played since being released by the Montreal Alouettes in June 2015.

He was fined a month earlier over anti-Semitic posts on his Twitter account, which included a link to a Holocaust denial video. Orridge said the CFL will be monitoring Mitchell's social media posts.

THE CANADIAN PRESS

SOCCER

Jesus helps Brazil cruise past Ecuador

Gabriel Jesus scored twice in his debut and Neymar notched the other, giving Brazil a 3-0 victory over Ecuador on Thursday in Copa America qualifying and making it a perfect start for new coach Tite in his first match in charge.

With the match scoreless and evenly played, Neymar broke through with a penalty in the 72nd minute. Gabriel Jesus then scored in the 87th and got another in stoppage time.

Neymar's penalty came after Gabriel Jesus, better known as "Gabigol", was tripped in the area by Ecuador keeper Alexander Dominguez. Gabigol then put on his own show, chipping in a back-heel shot from close range and then hammering in an 18-meter (yard) drive.

"It couldn't have started better," the 19-year-old said. "Tite showed confidence in me. I'm really happy. Not just scoring, but playing with the team."

THE ASSOCIATED PRESS

CFL

Redblacks hold on to edge Alouettes

Ottawa quarterback Trevor Harris went 27 for 40 for 282 yards and a touchdown as the Redblacks defeated the Montreal Alouettes 19-14 on Thursday, snapping a two-game losing skid. Ottawa's Ernest Jackson scored a touchdown while kicker Chris Milo converted four field goals.

Kevin Glenn threw one touchdown and two interceptions for Montreal (3-7) in a low-scoring contest at Percival Molson Stadium. The Alouettes were without receiver Duron Carter, who

was serving a one-game ban. Ottawa (5-4-1) was down 14-13 in the fourth quarter but back-to-back field goals by Milo gave the Redblacks the victory.

Ottawa has been making a habit of losing games late. Recent defeats against B.C. and Toronto came on the opponent's final drive. But the Redblacks held on to their five-point lead in Montreal as time wound down. The Als, last place in the East Division, recorded a league-worst fifth loss at home (1-5). THE CANADIAN PRESS

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RECIPE Ham and Cheese Muffins



PHOTO: MAYA VISHNEV

Ceri Marsh & Laura Keogh
For Metro Canada

These muffins are a portable, filling and yummy snack. Happy trails!

Cook time: 25 minutes
Makes one dozen muffins

Ingredients

- 1/2 cup ham, chopped
- 1 cup cheddar, grated
- 1/2 cup green onions, finely sliced
- 2 cups flour
- 1 cup whole wheat flour
- 4 tsp baking powder
- 1 tsp salt
- a few good grinds of black pepper
- 1 cup milk
- 1/2 cup vegetable oil
- 1/2 cup plain Greek yogurt
- 2 eggs

Directions

1. Preheat the oven to 375 de-

grees. Prepare muffin tins or line with paper muffin cups.

2. In a large bowl, mix together the flour, whole wheat flour, salt and pepper and baking powder. Add the ham, cheese and green onions and toss until they are covered in the flour mixture and distributed evenly throughout it.

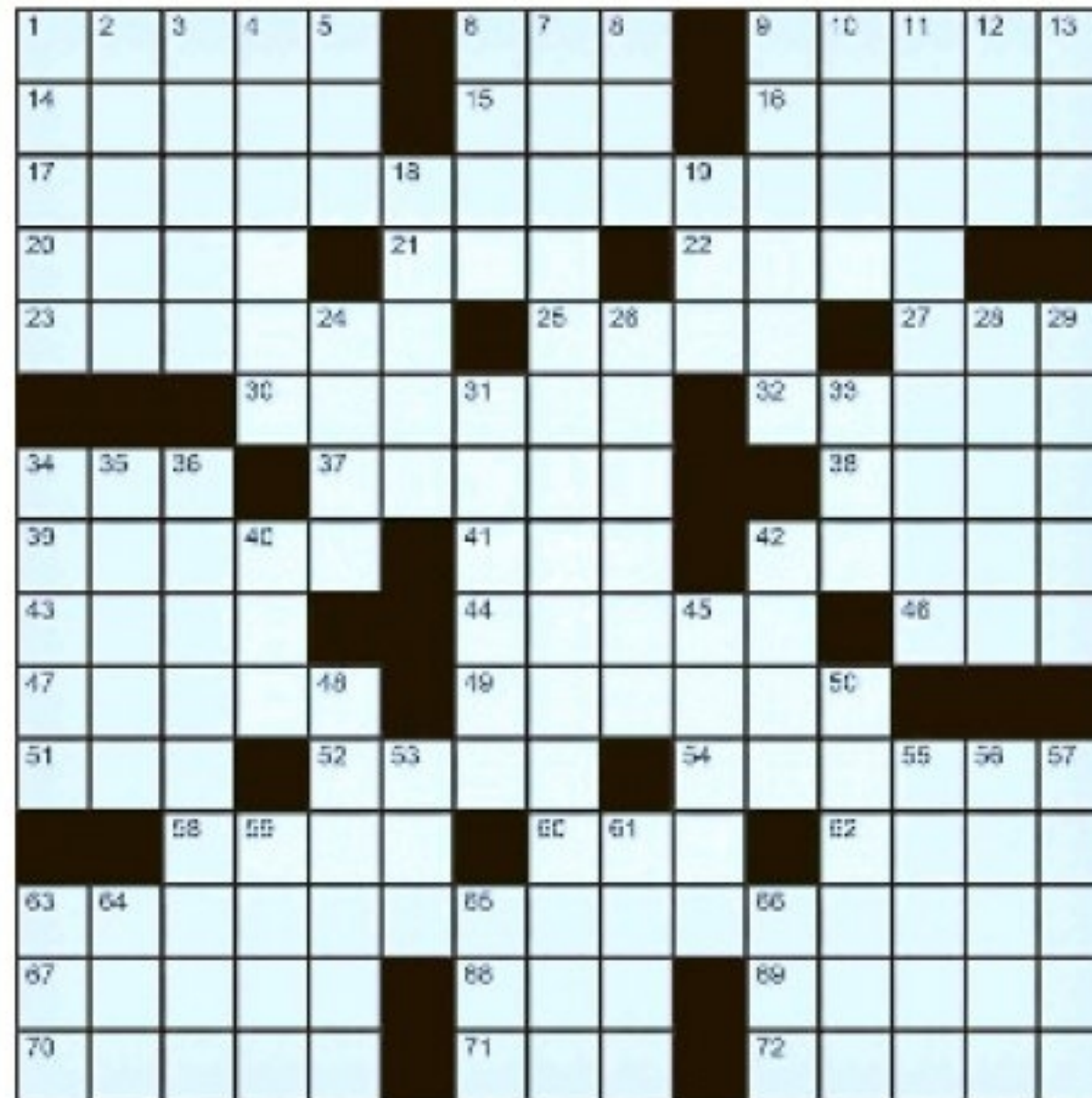
3. In another bowl, whisk together the milk, oil, yogurt and the eggs. Pour the wet mixture over the dry and stir until everything is completely combined — but don't over mix or your muffins will be tough.

3. Spoon the batter evenly into the muffin tins or muffin papers. Place your trays in the hot oven and bake for 20 to 25 minutes, until they are golden brown and a toothpick inserted into a muffin comes out clean.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Wonky
6. 'Meteor' suffix
9. Radiohead hit
14. Use a kitchen faucet's pullout wand
15. Texter's word of gratitude
16. Bisect
17. Bit of 1962 Brian Hyland hit Sealed with a Kiss: "...let us make a pledge to _ _ _ _"
20. Decorative curved arch
21. Kanga creator's monogram
22. About: 2 wds.
23. Yield
25. Adhere
27. "Huh...?"
30. Can't Buy _ _ _ by The Beatles
32. Guardians in ancient Rome
34. Stuff in Spam
37. Gelatin mould dish
38. "You _ say?!"
39. _ diamonds
41. Lemon _
42. Earth's _ layer
43. Mr. Danson's
44. Bride's new family member
46. Damage
47. Turf gripper on a specialty shoe
49. MP = _ of Parliament
51. "In _ Shoes" (2005) starring Cameron Diaz
52. Rat- _ _ _
54. More courageous
58. Head of hair
60. UN public well-being agcy.

62. Mouse-like field animal
63. What many a renovator on HGTV Canada has done to achieve the open concept look: 3 wds.
67. Eccentric
68. Work unit
69. Mystery writer Dame

- Christie, informally
70. Lay to rest
71. South Park brother
72. Bakery necessity

DOWN

1. Knight's protection, States-style

2. Under _ (1992) starring Steven Seagal
3. Display penitence in a way
4. Admiration
5. Dynasty of China
6. " _ _ miracle!"
7. Canadian premium TV channel: 3 wds.
8. _ _ date (Food

- label info)
9. Supermodel Ms. Tieg
10. Aries animals
11. Enough space to move around: 2 wds.
12. Adam's garden beloved
13. For every

18. MLBers in Washington, briefly
19. Ocean tester
24. Shipshape
26. Keep your cool: 2 wds.
28. Mehndi need
29. Autumn bloomer
31. Mid-size sedan by Kia
33. Woodworking tool
34. Starsky & _
35. Quaintly bless with oil
36. Canadian reality TV star Dean
40. God Bless the _ _ _ by Lee Greenwood
42. Indebted person
45. Monks' superior
48. Crude oil ship
50. Utterly destroy
53. S'-spelled out follower
55. Russian river
56. Emily Bronte's literary pseudonym, _ Bell
57. Adjust, as an alarm clock
59. Land unit
61. Massive
63. Garden pond fish
64. Called-one's occupation
65. Vox _
66. Direction

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Things are so much better at work today — huge difference! Work-related travel is likely. If you do travel, you will enjoy it.

Taurus April 21 - May 21
This is a wonderful, upbeat, playful day! Accept all invitations to party. Enjoy playful times with children. Movies, sports events and the arts will delight.

Gemini May 22 - June 21
Family discussions will be warm and friendly today. This is an excellent day to discuss home repairs or ways to expand your home.

Cancer June 22 - July 23
Today you experience the power of positive thinking. Your sense of optimism is strong, and you like what you see in the future. Yay!

Leo July 24 - Aug. 23
This is an excellent day for business and commerce. Trust your moneymaking ideas, because they could lead to increased profits now and in the future.

Virgo Aug. 24 - Sept. 23
You easily see the big picture today, which also makes you more tolerant of other people and their ideas. It will please you to learn something new about practically anything.

Libra Sept. 24 - Oct. 23
If you can kick back and relax today, you will enjoy it. It will be fun to dream up big ideas and make plans for the future. It's a great day to dream big.

Scorpio Oct. 24 - Nov. 22
Group activities and time spent with friends will be a plus for you today. Accept invitations to interact with others whether through classes, sports or conferences.

Sagittarius Nov. 23 - Dec. 21
Discussions with bosses and parents will be positive today, because people are in a generous, easygoing mood. Someone will listen to you; this person might even help you.

Capricorn Dec. 22 - Jan. 20
This is a great day to sign up for a course or make plans to get further education or training in an area that interests you.

Aquarius Jan. 21 - Feb. 19
This is an excellent day to decide how to divide something or deal with an inheritance, because people will be fair and generous.

Pisces Feb. 20 - March 20
Relations with close friends and partners are upbeat today. In fact, it's a good day to discuss business and commercial activity, because you will be quick to see advantages and opportunities.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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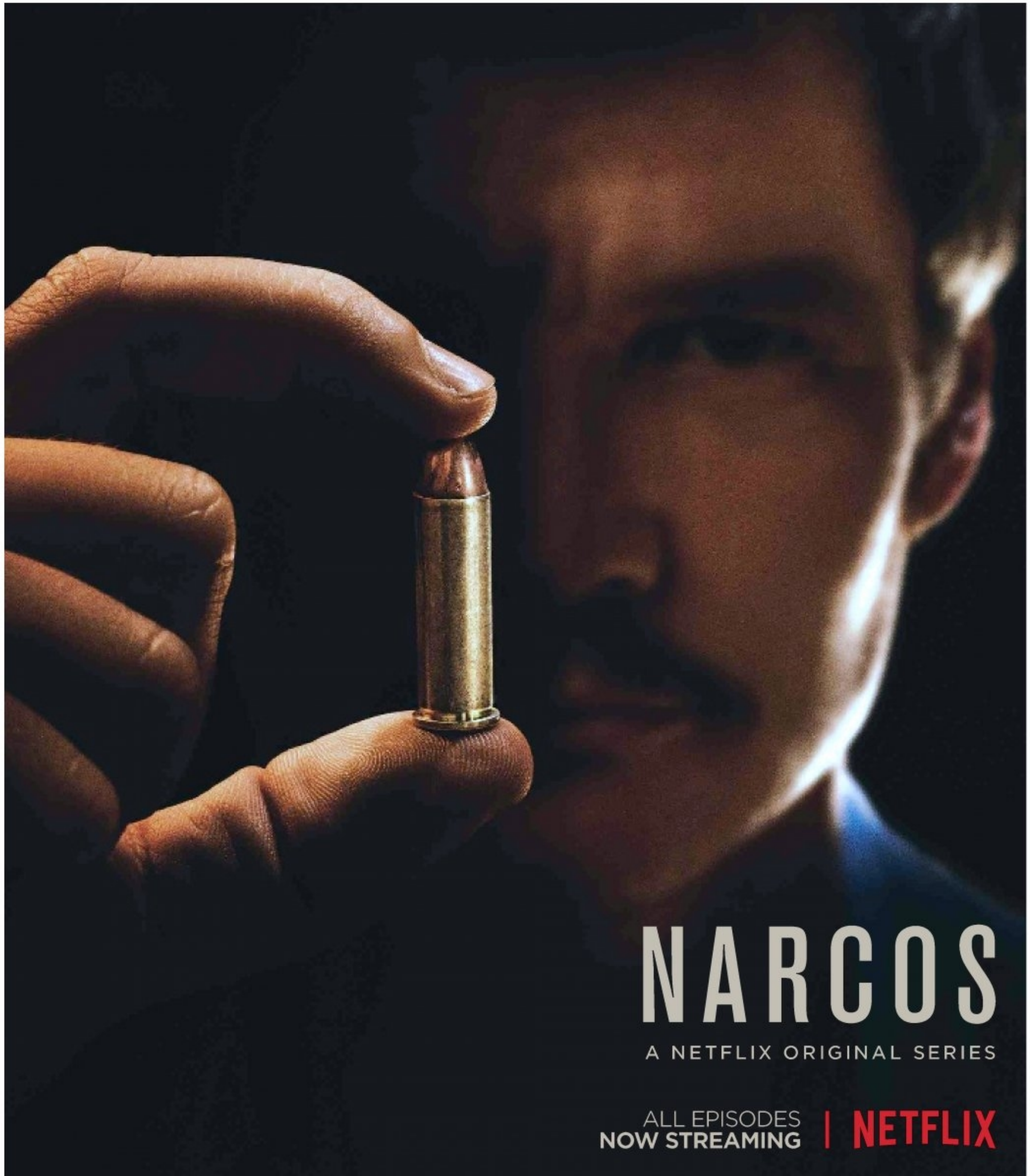


A close-up, high-contrast photograph of a woman's face in profile, looking down. She is holding a bullet between her fingers. The lighting is dramatic, with deep shadows and highlights on her skin and the bullet. The background is dark.

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